

July 3

Fruit Juice
 LASAGNA
 Peas
 Carrots
 Texas Toast
 Milk

July 10

HAWAIIAN HAY STACKS
 Rice
 Cinnamon apples
 California Mix Vegetables
 Fortune Cookie
 WW Bread
 Milk

July 17

Fruit Juice
 HAM LOAF w/GRAVY
 Mashed Potatoes
 Carrots
 3 Bean Salad
 WW Bread
 Milk

July 24

TUNA SALAD
 Broccoli Salad
 Carrot/Raisin Salad
 WW Bread
 Milk

July 31

Fruit Juice
 BEEF STROGANOFF
 w/NOODLES
 Spinach
 Yellow Squash
 WW Bread
 Milk

July 4**Independence Day****July 11**

Fruit Juice
 OVEN FRIED CHICKEN
 Mashed Potatoes
 Mixed Vegetables
 WW Bread
 Milk

July 18

HOT TURKEY SANDWICH
 Mixed Vegetables
 Mashed Potatoes
 Cranberry Sauce
 WW Bread
 Milk

July 25

CRISPY FISH FILLET
 w/Tartar Sauce
 Cheesy Mashed Potatoes
 Stewed Tomatoes
 Fruit
 WW Bread
 Milk

July 5

SALISBURY STEAK w/GRAVY
 Mashed Potatoes
 Scandinavian Mixed Vegetables
 Fruit
 Cracked Wheat Roll
 Milk

July 12

PEPPER STEAK W/RICE
 Broccoli Normandy
 Stewed tomatoes
 Pudding
 Cracked Wheat Bread
 Milk

July 19

CHICKEN CACCIATORI
 Italian Mixed Vegetables
 Noodles
 Tossed Salad
 WW Bread
 Milk

July 26

OVEN FRIED CHICKEN
 Potatoes
 Beets
 Carrot/Raisin & Pineapple Salad
 WW Bread
 Milk

July 6

Fruit Juice
 CRISPY FISH FILLET
 w/Tartar Sauce
 "Yummy" Potatoes
 Broccoli
 WW Bread
 Milk

July 13

HAM SALAD
 Coleslaw
 Fruit Salad
 WW Bread
 Milk

July 20

PORK CHOP
 w/MUSHROOM AND RICE
 California Mixed Vegetables
 Peach Crisp
 WW Bread
 Milk

July 27

Fruit Juice
 CHICKEN RICE CASSEROLE
 Green Beans
 Corn
 Cracked Wheat Roll
 Milk

July 7

CORNED BEEF & CABBAGE
 w/MUSTARD
 Carrots
 Mashed Potatoes
 Pears
 WW Bread
 Milk

July 14

Sweet and Sour Chicken Breast
 Rice
 Italian Blend Vegetable
 Bread
 Milk

July 21

BBQ BEEF SANDWICH
 Baked Beans
 Mixed Vegetables
 Coleslaw
 Bun
 Milk

July 28

HOT ROAST BEEF SANDWICH
 Potatoes/ Gravy
 Peas and Carrots
 WW Bread
 Milk

Substitutions may be required
 to ensure a nutritious meal.

JULY 2006

MEALS-ON-WHEELS MENU 327-7460

July 3

Fruit Juice
 LASAGNA
 Peas
 Carrots
 Tossed Salad
 Texas Toast-Garlic butter
 Milk

July 4**Independence Day****July 10**

HAWAIIAN HAY STACKS
 Rice
 Jell-O with fruit
 California Mix Vegetables
 Fortune Cookie
 WW Bread
 Milk

July 11

Fruit Juice
 OVEN FRIED CHICKEN
 Mashed Potatoes
 w/Gravy
 Mixed Vegetables
 WW Bread
 Milk

July 17

Fruit Juice
 HAM LOAF w/GRAVY
 Mashed Potatoes
 Carrots
 3 Bean Salad
 WW Bread
 Milk

July 18

HOT TURKEY SANDWICH
 Mixed Vegetables
 Mashed Potatoes
 Cranberry Sauce
 Tossed Salad
 WW Bread
 Milk

July 24

TUNA SALAD
 Soup
 Broccoli Salad
 Carrot/Raisin Salad
 WW Bread
 Milk

July 25

CRISPY FISH FILLET
 w/Tartar Sauce
 Cheesy Mashed Potatoes
 Stewed Tomatoes
 Fruit
 WW Bread
 Milk

July 31

Fruit Juice
 BEEF STROGANOFF
 w/NOODLES
 Spinach
 Yellow Squash
 WW Bread
 Milk

July 5

SALISBURY STEAK w/GRAVY
 Mashed Potatoes
 Scandinavian Mixed Vegetables
 Fruit
 Cracked Wheat Roll
 Milk

July 12

PEPPER STEAK W/RICE
 Broccoli Normandy
 Stewed tomatoes
 Pudding
 Cracked Wheat Bread
 Milk

July 19

CHICKEN CACCIATORI
 Italian Mixed Vegetables
 Noodles
 Tossed Salad
 WW Bread
 Milk

July 26

OVEN FRIED CHICKEN
 Potatoes with Gravy
 Beets
 Carrot/Raisin & Pineapple Salad
 WW Bread
 Milk

July 6

Fruit Juice
 CRISPY FISH FILLET
 w/Tartar Sauce
 "Yummy" Potatoes
 Broccoli
 WW Bread
 Milk

July 13

HAM SALAD OR
 EGG SALAD
 Coleslaw
 Fruit Salad
 Soup
 WW Bread
 Milk

July 20

PORK CHOP
 w/MUSHROOM AND RICE
 California Mixed Vegetables
 Tossed Salad
 Peach Crisp
 WW Bread
 Milk

July 27

Fruit Juice
 CHICKEN RICE CASSEROLE
 Green Beans
 Corn
 Cracked Wheat Roll
 Milk

July 7

CORNED BEEF & CABBAGE
 w/MUSTARD
 Carrots
 Mashed Potatoes
 Pears
 WW Bread
 Milk

July 14

Sweet and Sour Chicken Breast
 Rice
 Italian Blend Vegetable
 Tossed salad
 Bread
 Milk

July 21

BBQ BEEF SANDWICH
 Baked Beans
 Mixed Vegetables
 Coleslaw
 Bun
 Milk

July 28

HOT ROAST BEEF SANDWICH
 Potatoes/ Gravy
 Peas and Carrots
 Tossed Salad
 WW Bread
 Milk

Substitutions may be required
 to ensure a nutritious meal.

Frozen meals are available for weekends
 and days that no meals are served-
 Upon request and arrangements with
 Site Manager. \$3.00 donation encouraged

JULY 2006

DINING CENTER MENU 327-7460